



Compassion. Action. Change.

California Mental Health Services Authority
and United Cambodian Center
Present...



WELLNESS • RECOVERY • RESILIENCE

Mental Wellness Community Forum

You are invited to come together with other leaders from your community on **Saturday, August 10, 2013** to discuss stigma and discrimination around mental health challenges that could impact you and your family. Stigma plays a key role in preventing help where it is much needed. Stigma creates fear in individuals, families and communities, and prevents those in need from seeking help and support.

Our speaker series, in a community forum setting, brings together the Cambodian community in a safe environment to discuss mental wellness, mental health terms and challenges.

This is one of many events in Long Beach where community members can come and speak openly and ask questions to trusted specialists and leaders in the community in their own language.

- Share your experiences, successes and challenges in engaging with trusted specialist and community leaders
- Explore what can be done to reduce stigma and discrimination around mental illness in the community
- Ask questions

Speaker: Dr. Sam Keo, Psychologist
Khmer Expert On Mental Health
Assessment and Treatment (KEOMHAT)
Date: Saturday, August 10, 2013
Time: 12:00 p.m. – 1:00 p.m.
Location: United Cambodian Center
2201 E. Anaheim Street, Long Beach, CA 90804

Attendance is free. We only ask you to bring your willingness to participate and your desire to create positive change for our community. Refreshments will be served.

Questions? Please contact Cindy Cha at 808-228-0654
For registration, please call 562-433-2490



Funded by the voter approved Mental Health Services Act (Prop. 63). The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded through the voter-approved Mental Health Services Act (Prop 63). Prop. 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.